

## EFFECT OF JALAUKAWACHARAN IN KAKSHA VYADHI – A CASE STUDY

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## ABSTRACT

An *Ashtang Ayurveda* is a science of life which aims to maintaining health of healthy person and treating diseases. In *Susrut Samhita*, *Acharya* Susruta described 44 *Kshudraroga* in *Nidansthana*. *Kaksha* is one of the disease among them, can be correlated with Herpes zoster in modern. The *dosha* pradhanya in *Kaksha* is *pittaj*. Treatment for *Kaksha* vyadhi is like *Pittaj Visarpa* and *Shonitmokshan* (bloodletting) is the main treatment for *Pittaj Visarpa*. The Ayurvedic texts consider *Raktadushti* is one of the primary cause of skin disease and patient get relief after letting out the vitiated blood. Among various methods for bloodletting, *Jalaukawacharan* (bloodletting by leech) was carried out to evaluate its efficacy in the management of *Kaksha*. In present case study, patient was given three settings of *Jalaukakarman* on 2<sup>nd</sup> day, 5<sup>th</sup> day and 8<sup>th</sup> day. The effect of therapy on the cardinal signs and symptoms of the disease was remarkable. The therapy was cost effective and minimum time consuming. There is need of the study on large scale.

**KEYWORDS:** *Jalauka*, *Kshudraroga*, *Kaksha vyadhi*, *Pittaj visarpa* etc.

## INTRODUCTION

Skin is one of the 'Adhithana of Gyanindriyas' as described in *Ayurvedic* texts<sup>[1]</sup> Healthy skin plays great role in physical and mental well-being of any individual. There are various diseases mentioned in *Ayurvedic Samhitas*. In *Nidansthana* of *Susrut Samhita*, 44 *Kshudraroga* are described.<sup>[2]</sup> *Kaksha* is one of the disease among 44 *Kshudraroga*.<sup>[3]</sup> According to *Astangsangraha*, small *pitika* more than one, near the axilla small in size like *laja* (fried paddy) hard caused by *anila*(vayu) together with *pitta* is known as *Kaksha*.<sup>[4]</sup> In *Sutrasthana* of *Carak Samhita*, *Acharya* Caraka mentioned 40 *Nanatmaj* vyadhi, *Kaksha* is *pittaj Nanatmaj* vyadhi.<sup>[5]</sup> *Kaksha* can be correlated with Herpes zoster in modern.

*Acharya* Susruta, in *Chikitsasthana* describe the treatment of *Kaksha* same as *Pittaj Visarpa*.<sup>[6]</sup> In *Visarpa* cause of disease is *Shonitdushti*. Hence *Shonitmokshan* is main treatment for *Pittaj Visarpa*.<sup>[7]</sup> There are 3 main types of *Shonitmokshan* according to *dosha*.<sup>[8]</sup> *Jalaukawacharan* is used for *pittaj vyadhi*.<sup>[9,10]</sup>

In present case study, a 45 year female patient having complaint of *daha* (severe burning), *ruja* (severe pain), *rakta varna pidika* (red colour blisters) on abdomen and back since 1 day.

## AIM

To study the Effect of *Jalaukawacharan* as single therapy in the management of *Kaksha*- a case study.

## OBJECTIVES

- To study changes in signs and symptoms by *Jalaukawacharan* on 2<sup>nd</sup>, 5<sup>th</sup> and 8<sup>th</sup> day.
- To study the effectiveness of *Jalaukawacharan* as single treatment without any local or internal medications in *Kaksha vyadhi*.

## MATERIALS AND METHODS

**Place of study** – Government Ayurved College and Hospital Nagpur 24, Maharashtra, India.

## CASE REPORT

The present case study is successful Ayurvedic management of a case of *Kaksha* (herpes zoster). A 45 year old female patient comes to Government Ayurved College and Hospital Nagpur with chief complaints of

1. *Daha* ( severe burning)
2. *Ruja* (severe pain)
3. *Rakta varni pidika* ( blisters with redness)

**Associate symptoms** - mild *mukhpaka* (stomatitis)  
Patient had above complaints before 1 day.

**History of present illness**

The patient was normal before 1 day back. But since then patient has been suffering from *daha, ruja and raktwarni pitika*. Hence she came to Government Ayurved College, Nagpur-24, Maharashtra, India.

**Past history** - not significant

**Pathological investigation**

CBC, BT, CT, HIV, HBSAg test are showing normal result.

**Treatment plan** - patient was treated on OPD basis.

**A literature review on Jalauka (leech)**

In *adhyay 13, Sustrasthana of Susrutsamhita, Acharya Susruta* gives brief description about *Jalauka*.<sup>[11]</sup> They had mentioned that *Jalauka* lives in *Shital jala* (cold water) and also made up of *Madhur rasa*, hence useful in *Raktavsechna* (bloodletting) of *ashudhha rakta*(impure

blood) by *Pitta dosha*.<sup>[12]</sup> There are two types of *Jalauka-Savisha* and *Nirvisha*.<sup>[13]</sup> Further divication of *Jaluaka* shows 6 *Jaluaka* in each group.<sup>[14]</sup> *Nirvish jaluaka* are used in treatment of *Jalaukawachmiya*.

**Aahara and Vihara** - (Diet and mode of life) advised during treatment-

**Pathya - (Regimen to be followed)**

*Madhur rasa* (sweet test) diet combined with *Ghrita*(ghee)

Adequate sleep at neight (8hours).

**Apathya - (Regimen to restricted)-**

Oily substances like chips etc., non-veg,egg, fast food, tea and coffee, night awakening (*ratri jagaran*), daytime sleeping and itching of *pitika*.

**OBSERVATION**

Sign and symptoms	Before treatment	1 <sup>st</sup> follow up	2 <sup>nd</sup> follow up	3 <sup>rd</sup> follow up
1. <i>Daha</i> ( severe burning)	4+	2+	1+	-
2. <i>Ruja</i> (severe pain)	4+	3+	2+	1+
3. <i>Rakatavarniya pitika</i> (red colour blisters)	4+	3+	3+	2+
4. <i>Mild Mukhpaka</i> (stomatitis)	2+	2+	2+	1+

**DISCUSSION**

In *Ayurvedic Samhitas, Kaksha* vyadhi is described very shortly. In *Susrutsamhita* it is mentioned that painful black colour blisters appering near the *Kaksha* (axilla region) which is caused due to *pittaprapakopa* called as *Kaksha*. The name of *Kaksha* vyadhi is due to the sight of blisters. But according to *Ashtangasangraha, Acharya Vagbhata*, the sight of *Kaksha* vyadhi is not clearly at *kaksha* but *kaksha sanneshu* i.e. near to *kaksha* (axilla). Also *pradhan dosha* which is cause of *kaksha* are mentioned differently by *Acharyas*. According to *Susruta* it caused due to only *pitta dosha*, but it is *pittahaj vataja* described by *Acharya Caraka* and *Vagbhat*.

According to modern, it can be correlated with Herpes zoster. Topical applications of antiviral creams and orally Acyclovir drug is commonly prescribed by modern science.

According to modern, Herpes zoster doesn't need to observe any dietary precautions. In *Ayurveda* has different holistic view while treating any disease. Diets, modes of life, psychological status are considered as important along with medicinal management. In this case, patient was taking fast food, oily, salty substances, beakary products regularly. She was having habit of irregular lunch and dinner time. Patient was also practicing *ratrijagaran* (night awakening) and *diwaswap* (day time sleeping). This etiological factors may leads to cause for vitiation of *pitta dosha* along with *rakta dhatu* and resulted in formation of *raktavarniya pitika* (blisters)

near *kaksha* (axial region) with clinical features like *daha* (severe burning), *ruja* (severe pain) mild *mukhpaka* (stomatities). *Aacharaya* *Susruta* mentioned that the treatment of *Kaksha vyadhi* is done on the principle of *pittaj Visarpa vyadhi*. *Shonitmokshan* is the main treatment of *Visarpa*. Also *Acharya Sharangadhara* and *Bhavaprakasa* mentioned that *Shonitmokshan* is useful in *Kshudrarogas*.<sup>[15,16]</sup> Patient is not willing for *Siravedha* (bloodletting by veins). Hence *Raktamokshan* done with the help of *Jalauka*. *Jalauka* is the best *Raktavsechka* for *pitta dosha*. Hence *Jalaukawacharan* is the single treatment selected for the patient for three setting. During complete duration of treatment, patient was instructed to follow *pathya* (do's) and *apathy* (don't) as advice strictly. During first follow up it was found that there is significant relief in all sign and symptoms along with mild *mukhpaka* (stomatitis). This shows that if plan of treatment is selected according to principles of *Ayurveda* i.e. *Jalaukawachran* a singal therapy on *Kaksha vyadhi*, along with *pathya, apathya*, there is assurance of success in treatment as seen in this case of *Kaksha vyadhi*.

**CONCLUSION**

Hence it is concluded that a single therapy of *Jalaukawacharana* is highly effective in the management of *Kaksha vyadhi*.

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